



STATE OF HAWAII
DEPARTMENT OF HEALTH
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LATE

**Testimony in SUPPORT of S.B. 2056 SD1
RELATING TO HEALTH**

SENATOR DONOVAN M. DELA CRUZ, CHAIR
SENATE COMMITTEE ON WAYS AND MEANS

Hearing Date: February 23, 2018

Room Number: 211

1 **Fiscal Implications:** Undetermined staffing capacity and resources required to implement the
2 measure. The cost of support has not been quantified. No appropriation is provided to the
3 Department of Health (DOH) to establish the program.

4 **Department Testimony:** The Department supports Senate Bill 2056 Senate Draft 1 (S.B. 2056
5 SD1). S.B. 2056 SDI would require retail food establishments to offer only water, sparkling
6 water, flavored water with no added natural or artificial sweeteners, milk, non-dairy milk
7 alternatives, or up to 6 oz. of 100% juice as the default beverage option in children's meals. The
8 concept of this bill is based on national recommendations for reducing the consumption of sugar
9 sweetened beverages (SSBs). The Division of Physical Activity, Nutrition, and Obesity
10 (DNPAO) at the Centers for Disease Control and Prevention (CDC) recommends decreasing
11 SSBs as an evidence-based strategy for preventing and reducing overweight and obesity. The
12 2015 Dietary Guidelines for Americans also recommends reducing the intake of SSBs as a
13 method to control calorie intake and manage body weight.

14 Today in Hawaii, more than one in two adults (BRFSS 2016; 57.6%) and over one in four
15 high school students (YRBS 2017; 28.4%) are affected by overweight or obesity. The rate of
16 adults with diabetes in Hawaii is 10.5% and an additional 14.6% have been diagnosed with pre-
17 diabetes (2016 BRFSS). DOH estimates that more than 1 in 2 adults have type 2 diabetes and
18 pre-diabetes when these numbers are adjusted for people who are undiagnosed. Hawaii spends
19 an estimated \$470 million on obesity-related medical costs, and \$770 million on diabetes-related

1 medical costs annually.¹ SSBs have been identified by numerous scientific studies as a major
2 contributor to our costly obesity epidemic.² Additionally, drinking sugar-sweetened beverages
3 can significantly contribute to tooth decay. SSB consumption is associated with nearly twice the
4 risk of cavities in children.³ More than seven out of ten Hawaii third-graders are affected by
5 tooth decay and one in four have untreated tooth decay.⁴ Hawaii also received a failing grade of
6 “F” on three recent oral health report cards by the Pew Center.⁵

7 Between 1977 and 2001, calorie intake from SSBs increased 135 percent for all age
8 groups.⁶ While overall SSB consumption has decreased in recent years, particularly among
9 children and adolescents, consumption rates remain high.⁷ A recent survey conducted by DOH
10 found that over half of adolescents in Hawaii (56%) drink SSBs one or more times per day and
11 nearly all teens (94%) drink SSBs at least once a week.⁸ A typical 20-ounce soda contains 14 to
12 18 teaspoons of sugar and about 240 calories. In comparison, the American Heart Association
13 guideline for daily added sugars is no more than 6 teaspoons for women and children, and no
14 more than 9 teaspoons for men.⁹ A 2015 study found that healthy children’s menu defaults
15 resulted in healthier ordering patterns, without reducing revenue.¹⁰ This suggests that

¹ Trogdon, JG., Finkelstein, EA., Feagan, CW., & Cohen, JW. (2012). State- and payer-specific estimates of annual medical expenditures attributable to obesity. *Obesity*, 20(1): 214-220. doi: 10.1038/oby.2011.169.

² Smith TA, Lin BH, Lee JY. Taxing caloric sweetened beverages: Potential effects on beverage consumption, calorie intake, and obesity. Washington, DC: Economic Research Service (ERS), US Department of Agriculture (USDA); 2010: ERR-100.

³ Sohn W, Burt BA, and Sowers MR. (2006). Carbonated soft drinks and dental caries in the primary dentition. *J Dent Res*, 85(3): 262-266.

⁴ Hawaii State Department of Health. (2015 September 25). Hawaii oral health: Key Findings. Retrieved from http://health.hawaii.gov/about/files/2013/06/Key_Findings_wC.pdf.

⁵ Hawaii State Department of Health. (2016 August). Hawaii smiles 2015: The oral health of Hawaii’s children. Retrieved from <https://health.hawaii.gov/about/files/2013/06/Hawaii-Smiles-Report.pdf>.

⁶ Nielsen SJ and Popkin BM. “Changes in Beverage Intake Between 1977 and 2001.” *American Journal of Preventive Medicine*, 27(3): 205-210, 205, 2004. Available at: www.cpc.unc.edu/projects/nutrtrans/publications/Beverage%20trends-BP-Samara%202004.pdf.

⁷ Han E. and Powell LM. “Consumption Patterns of Sugar-Sweetened Beverages in the United States,” *Journal of the Academy of Nutrition and Dietetics*, 113 (1): 43-53, 2013. Available at: www.ncbi.nlm.nih.gov/pubmed/23260723.

⁸ Hawaii State Department of Health. (2012, 2013, & 2017). Rethink Your Drink Adolescent Survey, 2012, 2013, & 2017 combined.

⁹ Johnson RK, Appel LJ, Brands, M., Howard, BV, Lefevre, M., Lustig, RH, Sacks, F, Steffen LM, Wylie-Rosett, J. “Dietary Sugars Intake and Cardiovascular Health,” *Circulation* 2009:1011-1020.

¹⁰ Anzman-Frasca, S. et. al. “Changes in children’s meal orders following healthy menu modifications at a regional US restaurant chain.” *Obesity*, April 28, 2015; 1055-1062.

1 implementing healthy defaults in restaurants can improve child nutrition while ensuring that
2 restaurants remain competitive.¹¹

3 Requiring retail food establishments to provide a healthy default beverage as a part of a
4 children’s meal would encourage families to choose a healthy option when eating outside the
5 home. On average, children consume nearly twice as many calories from a restaurant meal (770)
6 as they do from a home cooked meal (420).¹² Adding SSBs to these meals adds calories and
7 sugar that may contribute to obesity and health problems. Ensuring healthy default options in
8 children’s meals is part of a comprehensive public health prevention strategy to reduce the risk
9 for obesity and type 2 diabetes in Hawaii’s children.

10 Thank you for the opportunity to provide testimony.

11 **Offered Amendments:** None.

12

¹¹ Anzman-Frasca, S. et. al. “Changes in children’s meal orders following healthy menu modifications at a regional US restaurant chain.” *Obesity*, April 28, 2015; 1055-1062.

¹² Xoumas-Morse C., Rock CL., Sobo EJ., Neuhouser ML. “Children’s Patterns of Macronutrient Intake and Associations with Restaurant and Home Eating.” *J. Am Dietetic Assoc* 2001; 101:923-925.



Papa Ola Lokahi
Nana I Ka Pono Na Ma

LATE

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SENATE COMMITTEE ON WAYS AND MEANS
Sen. Donovan DelaCruz, Chair
Sen. Gil Keith-Agaran, Vice-Chair

TESTIMONY IN SUPPORT OF
SB 2056 SD1
RELATING TO HEALTH

February 23, Friday, 11:00 AM, Conference Room 211, State Capitol

Papa Ola Lokahi

is a non-profit Native Hawaiian organization founded in 1988 for the purpose of improving the health and well-being of Native Hawaiians and other native peoples of the Pacific and continental United States.

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Greetings of aloha to Chair DelaCruz, Vice-Chair Keith-Agaran and members of the committee.

Papa Ola Lōkahi, the Native Hawaiian Health Board, **SUPPORTS** this measure requiring eateries that sell children's meals to compel a healthy beverage the default beverage..

The legislature may already know that the Native Hawaiian Health Care Improvement Act ([P.L. 111-148, Title 42 USC 122](#)), originally passed by Congress in 1988 and most recently in 2010 within the Affordable Care Act, authorizes Papa Ola Lōkahi, the five Native Hawaiian Health Care Systems, and the Native Hawaiian Health Scholarship Program to raise the health status of Native Hawaiians. We address health disparities in Hawai'i by being involved in policy, research, data & information, development and implementation of programs and initiatives, protection and perpetuation of traditional Hawaiian healing practices, workforce development, and more.

In 2014, CDC data show that Native Hawaiians are 3 times more likely to be obese than others; in fact 30.8% of Native Hawaiians are obese. As eating habits formulate early in life, prioritizing healthful choices is the moral imperative.

Prevention is the key. We are in full **SUPPORT of SB2056 SD1.**

Mahalo nui for the opportunity to provide testimony.



LATE

American Cancer Society
Cancer Action Network
2370 Nu`uanu Avenue
Honolulu, Hawai`i 96817
808.432.9149
www.acscan.org

Senate Committee on Ways and Means
Senator Donovan Dela Cruz, Chair
Senator Gilbert Keith-Agaran, Vice Chair

SB 2056, SD1 – RELATING TO HEALTH

Cory Chun, Government Relations Director – Hawaii Pacific
American Cancer Society Cancer Action Network

Thank you for the opportunity to provide testimony in support of SB 2056, SD1, which requires restaurants that sell children's meals that include a beverage for a single price to make the default beverage a healthy beverage.

The American Cancer Society Cancer Action Network (ACS CAN) is the nation's leading cancer advocacy organization. ACS CAN works with federal, state, and local government bodies to support evidence-based policy and legislative solutions designed to eliminate cancer as a major health problem.

Excess body weight increases the risk for several common cancers, including breast, colorectal, uterus, kidney, adenocarcinoma of the esophagus, pancreatic, ovarian, liver, gastric cardia, gall bladder, and thyroid cancer as well as meningioma and multiple myeloma. The biological link between excess weight and cancer is believed to be related to multiple factors including fat and sugar metabolism, immune function, hormone levels and proteins that affect them, and other factors related to cell growth.

Despite the evidence linking excess weight, poor nutrition, and physical inactivity to increased cancer risk, most Americans are not meeting recommended nutrition and physical activity targets. Reversing obesity trends and reducing the associated cancer risk will require a broad range of strategies that include policy and environmental changes that make it easier for individuals to regularly make healthy diet and physical activity choices.

The purpose of this measure is to make the healthy beverage choice the easy choice for children eating meals designed and marketed to them. This measure focuses on high caloric and sugary beverages that provide excess and empty calories, since sugary beverages have no nutritional benefits.

Thank you for the opportunity to provide testimony on this important matter.



Hawaii

Dental Hygienists' Association

February 22, 2018

LATE

Senate Committee on Ways and Means

SB 2056, SD1

Ellie Kelley-Miyashiro, RDH, BS

Hawaii Dental Hygienists' Association, Regulations and Practice Chairperson

Chairperson Dela Cruz, Vice Chair Keith-Agaran and Committee Members:

The Hawaii Dental Hygienists' Association (HDHA) fully supports **SB 2056, SD1**. We would like to congratulate you on your leadership in initiating this important discussion during this legislative session. Having one of the worst dental decay rates in the nation, Hawaii's children can only benefit from legislation such as this.

Tooth decay, like most other health problems starts with diet. Increased sugar exposure throughout the day cumulatively affects decay rates, so limiting sugar intake wherever possible can only benefit our children's overall oral health.

As the largest association representing Hawaii's licensed dental hygienists', HDHA strongly **supports SB 2056, SD1** to address the prevention of dental disease among Hawaii's children.

Thank you for your consideration.



February 23, 2018

To: Senator Donovan Dela M. Cruz, Chair
Senator Gilbert S.C. Keith-Agaran, Vice Chair
Senate Committee on Ways and Means

LATE

From: Mandy Finlay, Director of Public Policy
Hawaii Children's Action Network

Re: **S.B. 2056, S.D. 1, Relating to Health — Strong Support**
Hawaii State Capitol, Room 211, February 23, 2018, 11:00 AM

On behalf of Hawaii Children's Action Network (HCAN), we are writing in support of S.B. 2056, S.D. 1, which would require restaurant kids' meals to offer a healthy beverage—rather than soda or sugary drinks—as the default option.

Sugary drinks are the single largest source of added sugars in our kids' diets, contributing to health and dental issues. In Hawaii, more than one in four kindergartners are overweight or obese. As a state, we spend an estimated \$470 million annually on obesity-related medical costs. Additionally, Hawaii's children have the highest rate of tooth decay in the nation. These figures underscore the need to provide nutritious food and beverage options to ensure that the children of Hawaii can make healthy choices to prevent obesity and dental decay.

S.B. 2056 is intended to promote healthier options in restaurant kids' meals. While many restaurants offer healthy beverages as an option for kids' meals, this bill encourages kids to make healthy choices and would stop kids from receiving a sugary drink when they didn't specifically ask for one.

For these reasons, HCAN respectfully requests the Committee to support this measure.

HCAN is a Hawaii based non-profit committed to building a unified voice advocating for Hawaii's children by improving their safety, health, and education.

February 23, 2018

Senator Donovan M. Dela Cruz, Chair, Committee on Ways and Means
Senator Gilbert S.C. Keith-Agaran, Vice Chair, Committee on Ways and Means
Honorable Members of the Senate Committee on Ways and Means

LATE

RE: Support of SB2056 SD1

Aloha Chair, Vice-Chair and Members of the Committee:

Thank you for the opportunity to testify in support of SB2056 SD1, which will make the default beverage offering in keiki meals the healthier choice of either water, milk or 6oz or less of 100% fruit juice. We support this bill because it helps to achieve a healthier Hawaii.

Soda and sugar filled juices, like fruit punch are typically the default offering with a child's meal in a restaurant. By changing the dynamic and offering the healthy choice of water, milk or 6oz of 100% fruit juice as the initial option, we are helping families to more easily make the healthy choice.

As many have stated, sugary drinks are the single largest source of added sugars in our children's diets, making up half of all sugars consumed. Sugary drinks have been shown to be a major contributor to the obesity epidemic. Consuming just one sugary drink a day significantly increases a child's risk for type 2 diabetes, becoming overweight, tooth decay, as well as numerous other chronic diseases, which are linked to our escalating healthcare costs. Supporting healthy behaviors in our community benefits everyone.

Nationally, more than 12 million children are obese with that number only trending upward. In Hawaii, we can do better for our keiki. SB2056 SD1 is the we can do that. Passage of this bill will make Hawaii the first healthy by default state. It will support families who want healthy, happy lives for their children.

Thank you for this opportunity to testify in support of SB2056.

Sincerely,

Cherie Andrade

Cherie Andrade
Community Project Manager
Blue Zones Project—Hawaii

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LATE

Dear Senate Committee on Ways and Means,

The Honorable Donovan Dela Cruz, Chair

The Honorable Gilbert Keith-Agaran, Vice Chair Members of the Senate Committee on Ways and Means

Hrg: February 23, 2018 at 11:00am at Capitol Room 211

I strongly support SB2056 SD1, which promotes healthy meal options by making the default beverage offered in restaurants with children's meals a healthy drink.

Sugary drinks are the single largest source of added sugars in our kids' diets, making up half of all sugars consumed. Soda and fruit punch are already too high in sugar for kids, yet it is usually the default beverage served with children's meals. Consuming just one sugary drink a day significantly increases a child's risk to type 2 diabetes, becoming overweight, and developing tooth decay. With restaurants and fast-food establishments becoming a convenient and popular option for many families, dining out options can affect a child's diet, making this policy particularly effective in improving children's health.

This measure will help support families by offering a healthy beverage as part of the kids' meal. Instead of getting a sugary drink without asking for one, parents will be given water, 100% fruit juice or milk. It is never too early for children to practice healthy eating habits such as eating well and exercising regularly. Food establishments are an ideal venue for children to practice these healthy habits and to make it easy for families to make the healthy choice.

Passage of SB2056 SD1 will make Hawai'i the first healthy by default state. Several cities and counties in California have already passed healthy default ordinances with many more considering similar legislation. Our keiki are sweet enough. This is a step in the right direction to support parents' efforts to protect their children's health.

I strongly support SB2056 SD1 and respectfully ask you to pass this out of committee.

Sincerely,

John Ishoda	Dennis Miller	Venkataraman Balaraman	Michele Nihipali
Tenaya Jackman	Melody Halzel	Wes Freuler	Haley Hildebrand
Bryan Mih			